

CWSC - Silver and Bronze Squads Training Schedules

	TUESDAY	THURSDAY	SUNDAY
Pool	Queen Mother	Porchester	Porchester
Bronze	18:00-19:00	19:00-20:00	08:00-09:00

	WEDNESDAY	FRIDAY	SATURDAY	SUNDAY
Pool	Moberly	Queen Mother	Marshall St	Porchester
Silver	20:00-21:00	Water Polo*: 20:00-21:00	14:30-15:30	09:00-10:00
		Swim: 20:00-21:00		

PLEASE NOTE:

DROP OFF - Swimmers should be poolside, ready to swim, 5 minutes before their session starts.

PICK UP - Swimmers should be picked up promptly. Coaches may not be able to wait and young swimmers should not be waiting unattended.

HYDRATION - Swimmers should drink water only during training sessions. No fizzy, sports or caffeinated drinks